

Jamaica Boasts Exciting Soft Adventure Offerings For All

Visitors to Jamaica looking for big excitement with little physical demand will want to try one of the destination's many soft adventure offerings. These attractions and outdoor adventures offer travelers new experiences, exposure to Jamaica's unique culture and natural wonders.

"Jamaica has the greatest number and best variety of attractions in the Caribbean," commented John Lynch, Jamaica's Director of Tourism. "Soft adventure is one of the fastest growing segments of Jamaica's attractions, and provides an ideal option for visitors who want to mildly spice up their vacation, no matter their skill or physical level."

Mystic Mountain, Ocho Rios

The Rainforest Bobsled Jamaica at Mystic Mountain boasts over 100 acres of land stretching from its coast road entrance to over 700 feet above sea level. Modeled after the famous Jamaican bobsled team sled, the ride is powered by gravity. Riders need only to push a foot-brake to release the bobsled down the track. Among the features of this environmentally friendly attraction: a state-of-the-art chairlift, a bobsled coaster ride, an aerial tour and a Jamaican athletic heritage museum. www.rainforestbobsledjamaica.com

Chukka Caribbean Adventures, Montego Bay, Negril, Ocho Rios

Chukka Caribbean Adventures operates 28 of the wildest and most fun-filled excursions in the Caribbean. The variety of experiences include: Horse Back Ride n' Swim, Zion "Bob Marley" Bus Line, 4x4 Off-Road Safaris, Jungle River Tubing, Zipline Canopy Tour, ATV, Bicycle, Hiking and Airboats. Children ages 10 and older can experience their popular Zipline Canopy Tour through the jungle via a series of decks and platforms, connected by traverses, mounted in the trees of Jamaica's rainforest. Certified canopy specialist guides will direct you throughout your adventure.

Chukka's Jamaica Dog Sled Experience is a one-on-one tour with the dogs of the Jamaica Dog Sled team. Many of the dogs were rescued by the Jamaica Society for the Prevention of Cruelty to Animals. Once onboard the sled, experienced mushers will take guests into the scenic Jamaican countryside. Riders will learn the history and art of mushing and assist with harnessing and interaction with the loveable dog team. www.chukkacaribbean.com

Dunn's River Falls & Park, Ocho Rios

Dunn's River Falls & Park is the perfect environment for fun and relaxation for the entire family. Skilled guides lead adventurous visitors up the falls, where the view from the top is breathtaking. The cautious climber can walk alongside to observe the falls and friends. There is also an accessible beach located at the base of Dunn's River Falls where the river meets the ocean. www.dunnsriverfallsja.com

Dolphin Cove at Treasure Reef, Ocho Rios

Located adjacent to Dunn's River Falls, Dolphin Cove at Treasure Reef offers visitors a chance to swim with dolphins and sharks, interact with stingrays (barbs removed), captain a mini-boat or go glass bottom kayaking. Guests can also enjoy a splash in the turquoise ocean or relax on the white sand beach. Trained handlers provide a detailed orientation and education session, introducing participants to the world of the dolphins. www.dolphincovejamaica.com

Black River Safari, South Coast

Experienced tour guides give guests an up close and personal visit with the famous Black River crocodiles via motorized canopied boats that launch up Jamaica's longest navigable river and through what is Jamaica's largest wetland area. Lush vegetation, over 100 different species of rare birdlife and knotted mangroves that hug the shoreline are all on display. www.jamaica-southcoast.com

Rafting on the Martha Brae, Falmouth

Visitors will take an exhilarating river ride on a 30-foot handmade bamboo raft while learning about the legend of Martha's Gold that has been hidden away in a mysterious cave - yet to be discovered. The three mile raft ride is piloted by a trained "Raft Captain" who will gently glide the raft upstream through the verdant Jamaica countryside. www.jamaicarafting.com